



SUPER HEALTHY KIDS MENU

March 21st -25th

	Breakfast	Lunch	Snack	Dinner
Monday	Banana Berry Smoothie	Apple Tuna Sandwiches	Strawberries with yogurt	Mexican Lasagna with sliced zucchini
Tuesday	Pumpkin Oatmeal	Green Apple Cabbage slaw	Sunflower seeds and dried apricots	Chicken parmesan with green beans casserole
Wednesday	Scrambled Eggs, banana, and toast	Crunchy vegetable burritos	Carrot sticks and ranch	Orange apricot chicken and pea salad
Thursday	Pancake bar (add-ins such as sunflower seeds, walnuts, or blueberries)	Citrusy Pasta Salad	Granola Bars and mandarin oranges	Turkey Burgers, potatoes and broccoli salad
Friday	Apple-ginger-oat bran muffins and fruit salad	Alphabet vegetable soup	Leftover fruit salad from breakfast	Tamale Pie with green salad

Meal plan prepared by www.superhealthykids.com

For our 30 day meal plan, visit <http://blog.superhealthykids.com/30-day-meal-plan>